



INTERNATIONAL ANATOLIAN CUP

CHAMPIONSHIP REGULATIONS

18 - 19 - 20 OCTOBER 2024

ANTALYA SPORTS HALL
MELTEM MAH. SAKIP SABANCI BULVARI NO:6
MURATPAŞA / ANTALYA

IMPORTANT NOTE: WEIGHING WILL ONLY BE DONE ONCE DURING THE CHAMPIONSHIP. IT WILL BEGIN AT 13:00 AND END AT 18:00. ON FRIDAY 18 OCTOBER 2024 AT ANTALYA SPORTS HALL.

COMPETITION RULES:

1. ALL COMPETITORS WHO HAVE FILLED THE REGISTRATION FORM AND PAID THE REGISTRATION FEE CAN PARTICIPATE.
2. REGISTRATION FEE IS **120 EUROS** FOR EACH CATEGORY UNTIL SEPTEMBER 15. AN ATHLETE CAN PARTICIPATE IN A MAXIMUM OF TWO (2) CATEGORIES. THE SECOND CATEGORY FEE IS **60 EUROS**.
16 SEPTEMBER ~ 1 OCTOBER FEE **180 €**
2 OCTOBER ~ 18 OCTOBER FEE **200 €**
ATHLETES CAN MAKE PAYMENTS INCLUDING THE PAINTING FEE DEPENDING ON THEIR REQUEST. THE PAINTING FEE IS **30 EUROS**.
3. **IFBB** RULES WILL BE APPLIED IN THE COMPETITION.
4. COMPETITORS SHOULD WEAR SWIMSUITS, BIKINIS, SHOES AND COSTUMES SUITABLE FOR THEIR CATEGORIES AND USE ONLY NON-PROHIBITED PAINT
5. IF ONLY FIVE OR LESS COMPETITORS JOIN THE SAME WEIGHT CATEGORY THEY WILL BE COMBINED INTO ONE (UPPER OR LOWER WEIGHT).
6. COMPETITORS WHO DON'T HAVE THE SUFFICIENT FORM ACCORDING TO THE **IFBB** RULES, WILL BE CHECKED BY THE HEAD JUDGE DURING THE WEIGH AND NOT BE ACCEPTED TO THE COMPETITION
7. COMPETITORS WILL COME TO THE WEIGH AREA WEARING THEIR SWIMSUITS, BIKINIS, SHORTS AND SHOES SO THE HEAD JUDGE CAN CHECK IF THEY ARE APPROPRIATE OR NOT. IF THEY ARE NOT SUITABLE TO THE COMPETITION INSTRUCTIONS THEY WILL NOT BE ACCEPTED.
8. THE COMPETITION WILL TAKE PLACE ON STAGE ACCORDING TO THE COMPETITION REGULATIONS AND DATES ANNOUNCED EARLIER. BEFORE THE COMPETITION, COMPETITORS SHOULD TAKE THEIR PLACES AT THE BACKSTAGE WHICH WILL BE RESERVED FOR THEM. COMPETITORS WHO ARE NOT THERE WILL BE ANNOUNCED 3 TIMES. AFTER 3 ANNOUNCEMENTS IF THE COMPETITORS DON'T TAKE PLACE THEY WILL BE DISQUALIFIED.
9. COMPETITORS WHO ARE LATE FOR WEIGHING WILL NOT BE ABLE TO JOIN THE COMPETITION AND THEIR REGISTRATION FEE WILL NOT BE REFUNDED.

10. ATHLETES WHO WILL COMPETE IN THE YOUTH (16~23 AGE) CATEGORY MUST HAVE BIRTH DATES BETWEEN 2001 ~ 2008. DAY AND MONTH WILL NOT BE CONSIDERED.
11. +2 KG. TOLERANCE WILL BE APPLIED ON ALL WEIGHTS.
12. NO OBJECTION TO THE RESULTS OF THE COMPETITION. ALL SCORING GIVEN BY THE JUDGES ARE THE FINAL RESULTS. IF THE COMPETITOR OR THE COACH OF THE COMPETITOR WANTS TO SEE THE DETAILS OF THE SCORE SHOULD APPLY TO THE HEAD JUDGE AND PAY **100 €**. THEN THE COMPETITOR WILL HAVE THE RIGHT TO SEE THE DETAILS.
13. ALL COMPETITORS MUST FOLLOW THE CLOTHING RULES ACCORDING TO THE **IFBB** CRITERIA. COMPETITORS WHO DON'T FOLLOW IT WILL BE WARNED BY THE PODIUM SUPERVISOR AND WILL HAVE 5 MINUTES TO CHANGE. IF NOT THEY WILL BE DISMISSED.

THE CRITERIA IS STATED BELOW.

A. BODYBUILDING SWIMSUIT CRITERIA

Competitors will wear opaque swimsuits that cover the entire gluteus maximus and the front, the width should be at least 5 cm. on the right and left sides. they can use any color, provided that it is one color.

B. CLASSIC BODYBUILDING SWIMSUIT CRITERIA

Competitors must cover the entire gluteus maximus and the front part and have at least 15 cm. width on each side It will be opaque shorts swimsuit and black color.

C. BIKINI FITNESS CLOTHING AND SHOES CRITERIA

Platform heels are strictly prohibited. The front of the shoe is maximum 1 cm and the heel can be 12 cm. The bottom of the bikini must be in a way to cover 1/3 of the hip. It is not accepted to be thinner.

D. CLASSIC PHYSIQUE POSE CLOTHING CRITERIA

Competitors will wear opaque gymnastic shorts of any color, at least 15 cm. high, covering the entire gluteus maximus and the front, with legs visible, provided they are of one color. No accessories will be allowed on clothing.

E. PHYSIQUE SHORTS CRITERIA

They may prefer plain colored or patterned shorts. The shorts will not contain sponsors, advertisements, etc. except for their own brand. The length of the shorts will be above the kneecap and will not be short enough to show the quadriceps lines.

IMPORTANT ANNOUNCEMENT TO COMPETITORS

All pose music for 60 seconds for bodybuilding and 60 seconds for female physique competitors must be on an audio USB stick only. The pose music must be a single track on the USB disk. Each competitor must paste their name on the USB disk for easy recognition. It is strictly forbidden to use abusive, vulgar and offensive language in pose music.

CATEGORIES

<u>MEN'S BODYBUILDING</u> -80 Kg. included -90 Kg. included - 100 Kg. included + 100 Kg. and over	<u>WOMEN'S BODYFITNESS</u> OPEN CATEGORY
<u>JUNIOR MEN'S BODYBUILDING</u> - 75 Kg. +75 Kg.	<u>WOMEN'S BIKINI FITNESS</u> - 164 cm. - 169 cm. + 169 cm.
<u>MASTER MEN'S BODYBUILDING</u> AGES 40 ~ 49 AGES 50 AND OVER	<u>JUNIOR WOMEN'S BIKINI FITNESS</u> AGES 16 ~ 23 OPEN CATEGORY
<u>JUNIOR MEN'S PHYSIQUE</u> AGES 16 ~ 23 OPEN CATEGORY	<u>MASTER WOMEN'S BIKINI FITNESS</u> AGE 35 AND OVER OPEN CATEGORY
<u>MEN'S PHYSIQUE</u> - 170 cm. - 176 cm. - 182 cm. +182 cm.	<u>WOMEN'S WELLNESS</u> OPEN CATEGORY
<u>MASTER MEN'S PHYSIQUE</u> AGE 40 ~ 49 OPEN AGE 50 AND OVER OPEN	
<u>MUSCLE MEN'S PHYSIQUE</u> OPEN CATEGORY	
<u>MEN'S CLASSIC BODYBUILDING</u> -175 cm. +175 cm.	
<u>JUNIOR MEN'S CLASSIC BODYBUILDING</u> AGES 16 ~ 23 OPEN CATEGORY (HEIGHT-WEIGHT RATIO AND WEIGHT TOLERANCE ARE VALID FOR LARGE MEN)	
<u>MEN'S CLASSIC PHYSIQUE</u> - 175 cm. +175 cm.	

WEIGHING DAY WILL BEGIN ON FRIDAY, **OCTOBER 20, 2024**, AT **13:00** AND END AT **18:00**.

COMPETITION AGE GROUPS

JUNIOR AGES Ages 16 ~ 23 born in 2001 ~ 2008

MEN AGES Ages 24 ~ 39 born in 2000 and earlier

WOMEN AGES Ages 24 ~ 34 born. in 2000 and earlier

MASTER WOMEN Ages 35 and above Born in 1989 and earlier

MASTERS Ages 40 ~ 49 born in 1984 ~ 1975

MASTERS Ages 50 and above Born in 1974 and earlier

WEIGHT LIMITS IN MEN'S CLASSIC BODYBUILDING CATEGORY

- 168 cm. Maximum Weight [kg] = (Height [cm]-100) + 0 [kg] + 2 kg Tolerance
- 171 cm. Maximum Weight [kg] = (Height [cm]-100) + 2 [kg] + 2 kg Tolerance
- 175cm. Maximum Weight [kg] = (Height [cm] -100) + 4 [kg] + 2 kg Tolerance
- 180 cm. Maximum Weight [kg]= (Height [cm]-100)+6 [kg] + 2 kg Tolerance
- for a +180 cm-
 - a. 180-190 cm. Maximum Weight [kg] = (Height [cm]-100) + 8[kg] + 2 kg Tolerance
 - b. +190 cm-198 cm. Maximum Weight [kg] = (Height [cm]-100)+9[kg] + 2 kg Tolerance
 - c. 198 cm Maximum Weight [kg] = (Height [cm]-100)+10[kg] + 2 kg Tolerance

WEIGHT LIMITS IN THE JUNIOR MEN'S CLASSIC BODYBUILDING (Open CATEGORY)

- 168cm. Maximum Weight [kg] = (Height [cm] - 100) + 0 [kg] + 2 kg Tolerance
- 171 cm. Maximum Weight [kg] = (Height [cm]-100) + 1 [kg] + 2 kg Tolerance
- 175cm. Maximum Weight [kg] = (Height [cm]-100) + 2 [kg] + 2 kg Tolerance
- 180 cm. Maximum Weight [kg] = (Height [cm]-100) + 3 [kg] + 2 kg Tolerance
- For +180 cm.
 - 180 cm. - 190 cm. Maximum Weight [kg] = (Height [cm]-100) + 8[kg] + 2 kg Tolerance
 - +190 cm.-198 cm. Maximum Weight [kg]=(Height [cm]-100) + 9[kg] + 2 kg Tolerance
 - 198 cm. Maximum Weight [kg] = (Height [cm]-100)+10[kg] + 2 kg Tolerance

WEIGHT LIMITS IN THE MEN'S CLASSIC PHYSIQUE CATEGORY

- 168 cm. Maximum Weight [kg] = (Height [cm]-100) + 4 [kg] + 2 kg Tolerance
- 171cm. Maximum Weight [kg] = (Height [cm]-100)+6 [kg] + 2 kg Tolerance
- 175cm. Maximum Weight [kg] = (Height [cm]-100)+8 [kg]+2 kg Tolerance
- 180 cm. Maximum Weight [kg]=(Height [cm]-100)+11 [kg] + 2 kg Tolerance
- For +180 cm.
 - Over 180 cm 188 cm Maximum Weight [kg] =(Height [cm]-100) + 13 kg +2 kg tolerance
 - Over 188 cm 196 cm Maximum Weight [kg] = (Height [cm]-100) + 15 kg +2 kg tolerance
 - Over196 cm Maximum Weight [kg] = (Height [cm]-100) + 17 kg +2 kg tolerance

WEIGHT LIMITS IN THE MEN BODYBUILDING CATEGORY

- 80 kg included (Maximum weight KG +2 KG Tolerance)
- 90 kg included (Maximum weight KG +2 KG Tolerance)
- 100 kg included (Maximum weight KG +2 KG Tolerance)
- + 100 kg and over

WEIGHT LIMITS IN THE JUNIOR MEN BODYBUILDING CATEGORY

- 75 kg (Max weight KG +2 KG Tolerance)
- +75 kg (Maximum weight KG +2 KG Tolerance)

Our Athletes - Coaches - Administrators can complete their pre-competition preparations by following the competition days from the regulation below.

Categories Competing on SATURDAY, OCTOBER 19, 2024

	CATEGORY	WEIGHT
1	MASTER MEN'S PHYSIQUE	AGES 40 ~ 49 OPEN CATEGORY
2	MASTER MEN'S PHYSIQUE	AGES 50 AND OVER
3	JUNIOR MEN'S PHYSIQUE	AGES 16 ~ 23 OPEN CATEGORY
4	MEN'S PHYSIQUE	- 1.70 cm.
5	MEN'S PHYSIQUE	- 1.76 cm.
6	MEN'S PHYSIQUE	- 1.82 cm.
7	MEN'S PHYSIQUE	+ 1.82 cm.
8	MEN'S PHYSIQUE	OVERALL
9	MUSCLE MEN'S PHYSIQUE	OPEN CATEGORY
10	MEN'S CLASSIC PHYSIQUE	- 1.75 cm.
11	MEN'S CLASSIC PHYSIQUE	+ 1.75 cm.
12	MEN'S CLASSIC PHYSIQUE	OVERALL
13	JUNIOR MEN'S CLASSIC BODYBUILDING	AGES 16 ~ 23 OPEN CATEGORY
14	MEN'S CLASSIC BODYBUILDING	-1.75 CM
15	MEN'S CLASSIC BODYBUILDING	+1.75 CM
16	MEN'S CLASSIC BODYBUILDING	OVERALL

Competition Categories to be held on SUNDAY, OCTOBER 20, 2024

	CATEGORY	WEIGHT
1	MASTER MEN'S BODYBUILDING	AGES 40 ~ 49 OPEN CATEGORY
2	MASTER MEN'S BODYBUILDING	AGES 50 OVER OPEN CATEGORY
3	JUNIOR MEN'S BODYBUILDING	- 75 Kg.
4	JUNIOR MEN'S BODYBUILDING	+75 Kg.
5	MEN'S BODYBUILDING	- 80 Kg.
6	MEN'S BODYBUILDING	- 90 Kg.
7	MEN'S BODYBUILDING	- 100 Kg.
8	MEN'S BODYBUILDING	+ 100 Kg.
9	MEN'S BODYBUILDING	OVERALL
10	WOMEN'S BODYFITNESS	OPEN CATEGORY
11	MASTER WOMEN'S BIKINI FITNESS	AGES 35 AND OVER
12	WOMEN'S WELLNESS	OPEN CATEGORY
13	JUNIOR WOMEN'S BIKINI FITNESS	AGES 16 ~ 23 OPEN CATEGORY
14	WOMEN'S BIKINI FITNESS	- 1.64 cm.
15	WOMEN'S BIKINI FITNESS	- 1.69 cm.
16	WOMEN'S BIKINI FITNESS	+ 169 cm.
17	WOMEN'S BIKINI FITNESS	OVERALL

THE COMPETITIONS WILL BEGIN ON SATURDAY, **OCTOBER 19, 2024** & SUNDAY, **OCTOBER 20, 2024** AT **09:30**. COMPETITORS ARE REQUIRED TO BE AT THE WARMING UP AREA AT **09:00**.

INTERNATIONAL ANATOLIAN CUP AWARD DISTRIBUTION

	CATEGORY	WEIGHT	RATING & AWARD
1	MASTER MEN BODYBUILDING	AGES 40 ~ 49	1 ST ONE 10.000 TL
2	MASTER MEN BODYBUILDING	AGE 50 & OVER	1 ST ONE 10.000 TL
3	YOUNG MEN PHYSICS	AGES 16 ~ 23 OPEN CATEGORY	1 ST ONE 10.000 TL
4	BIG MEN PHYSICS	- 1.70 cm.	1 ST ONE 15.000 TL
5	BIG MEN PHYSICS	- 1.76 cm.	1 ST ONE 15.000 TL
6	BIG MEN PHYSICS	- 1.82 cm.	1 ST ONE 15.000 TL
7	BIG MEN PHYSICS	+ 1.82 cm.	1 ST ONE 15.000 TL
8	MEN PHYSICS (MASTERS - YOUNG - SENIOR)	OVERALL	1 ST ONE 25.000 TL
9	MUSCLE MEN PHYSICS	OPEN WEIGHT	1 ST ONE 15.000 TL
10	BIG MEN CLASSIC PHYSICS	- 1.75 cm.	1 ST ONE 15.000 TL
11	BIG MEN CLASSIC PHYSICS	+1.75 cm.	1 ST ONE 15.000 TL
12	BIG MEN CLASSIC PHYSICS	OVERALL	1 ST ONE 25.000 TL
13	YOUNG MEN CLASSIC BODYBUILDING	AGES 16 ~ 23 OPEN WEIGHT	1 ST ONE 15.000 TL
14	BIG MEN CLASSIC BODYBUILDING	- 1.75 cm.	1 ST ONE 20.000 TL
15	BIG MEN CLASSIC BODYBUILDING DEVELOPMENT	+1.75 cm.	1 ST ONE 20.000 TL
16	MEN CLASSIC BODYBUILDING (JUNIORS - SENIORS)	OVERALL	1 ST ONE 25.000 TL
17	MASTER MEN BODYBUILDING	AGES 40 ~ 49 OPEN WEIGHT	1 ST ONE 15.000 TL
18	MASTER MEN BODYBUILDING	AGE 50 & OVER OPEN WEIGHT	1 ST ONE 15.000 TL
19	YOUNG MEN BODYBUILDING	- 75 Kg.	1 ST ONE 25.000 TL
20	YOUNG MEN BODYBUILDING	+ 75 Kg.	1 ST ONE 25.000 TL
21	BIG MEN BODYBUILDING	- 80 Kg.	1 ST ONE 25.000 TL
22	BIG MEN BODYBUILDING	- 90 Kg.	1 ST ONE 25.000 TL
23	BIG MEN BODYBUILDING	- 100 Kg.	1 ST ONE 25.000 TL
24	BIG MEN BODYBUILDING	+ 100 Kg.	1 ST ONE 25.000 TL
25	MEN BODYBUILDING (MASTERS - JUNIORS - SENIORS)	OVERALL	1 ST ONE 30.000 TL
26	BIG WOMEN BODY FITNESS	OPEN WEIGHT	1 ST ONE 15.000 TL
27	MASTER WOMEN BIKINI FITNESS	AGES 35 AND OVER	1 ST ONE 15.000 TL
28	YOUNG WOMEN BIKINI FITNESS	AGES 16 ~ 23 OPEN WEIGHT	1 ST ONE 10.000 TL
29	LARGE WOMEN BIKINI FITNESS	- 1.64 cm.	1 ST ONE 15.000 TL
30	LARGE WOMEN BIKINI FITNESS	- 1.69 cm.	1 ST ONE 15.000 TL
31	LARGE WOMEN BIKINI FITNESS	+ 1.69 cm.	1 ST ONE 15.000 TL
32	WOMEN BIKINI FITNESS (MASTERS - YOUNG - SENIOR)	OVERALL	1 ST ONE 20.000 TL
33	WOMEN WELLNESS	OPEN	1 ST ONE 20.000 TL

THE WINNING COMPETITORS WILL BE GIVEN THEIR PRIZES IN CASH BY THE ACCOUNTING TEAM AFTER THE CUP AND MEDALS CEREMONY.

Competitor participating in the competition declared that he read the rules in this circular and signed that he / she fully accepted with the rules in advance.

THE INTERNATIONAL ANATOLIAN CUP COMPETITION ON **OCTOBER 18 – 19 - 20, 2024** WILL BE PERFORMED WITH THE PERMISSION OF THE TURKISH MINISTRY OF YOUTH and SPORTS AND THE TURKISH BODYBUILDING AND WRIST WRESTLING FEDERATION.

Anything can be changed by the ORGANIZATION RESPONSIBILITIES according to the changing conditions or needs. Changes will be announced separately on the ORGANIZATION website at www.intrenationalanatoliacup.com.tr. If any rule is not clear here **IFBB** rules will be valid.

Organisation Managers

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